

Year 10 PE Learning Programme 3

The LORIC skill focus for this LP is: RESILIENCE The values for this LP are RESPECT and JUSTICE Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable		Literacy Non-Negotiables: <ul style="list-style-type: none">• Capital letters must be used at the start of sentences and for the first letter of proper nouns• Full stops must be used at the end of a sentence• Question marks must be used at the end of a question• Apostrophes should only be used for possession or omission• Days of the week and months must be spelled correctly• Key words must be spelled correctly• Vocabulary to be taught using the Frayer model	
What will I be learning about in this Learning Programme? How to create new defensive and attacking strategies to improve their team performance. Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Pupils will be constantly faced with strategic and tactical decisions based on movement of the ball into space and choice of skill execution.			
Where have I seen this learning before? In LP1 I learned about the component of fitness required to take part in team sports.			
What could I use it for? How to create new defensive and attacking strategies to improve their team performance. Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Pupils will be constantly faced with strategic and tactical decisions based on movement of the ball into space and choice of skill execution.			
In LP3.1, I will know:	05/01/26 - (WK 2)	Frayer Model Words	Homework
How to compare and contrast the different attacking principles through the use of width and speed. How to demonstrate a variety of passes with good accuracy, control and fluency. How to evaluate the effectiveness of my passing in a game situations.		Attack, defence, technique, outwit, opponents, agility.	Use the 'Look, cover, write, check' method to list the key training principles/key terms of your sport or activity.
In LP3.2, I will know:	12/01/26 - (WK 1)	Frayer Model Words	Homework
The principles of attack and be able to compare defender positions in order to outwit opponents using advanced skills. How to develop team tactics of attack, including use space and playing forward. How to outwit a defender implementing strategic and tactical play.		Attack, defence, technique, outwit, opponents, agility.	Create a list of the positions (team sports) or events in your sport (athletics)
In LP3.3, I will know:	19/01/26 - (WK 2)	Frayer Model Words	Homework
How to maintain possession, I will demonstrate good ball control and maintain possession in competitive situations. How to explain the benefits of strategic and tactical approaches to outwit opponents. How to evaluate my own performance and adapt to changing game situations.		Attack, defence, technique, outwit, opponents, agility.	Make flashcards on the tactics you could use within your sport/activity to gain an advantage (e.g. how to get a head start)
In LP3.4, I will know:	26/01/26 - (WK 1)	Frayer Model Words	Homework
How to replicate numerous defence skills including zonal and man-to-man marking to develop my defending. To understand the benefits of strategic and tactical approaches to outwit opponents. How to evaluate my own performance and adapt to changing game situations. Complete PRT Task 1 Extended Task.		Attack, defence, technique, outwit, opponents, agility.	Practice some of the key techniques that are used within your sport/activity at home.
In LP3.5, I will know:	02/02/26 - (WK 2)	Frayer Model Words	Homework
The positions and strategic formation used to prevent attack from opposition. How to develop strategic and tactical plays in a competitive situation.		Attack, defence, technique, outwit, opponents, agility.	Use a method of your choice to revise the rules for your sport/activity.
In LP3.6, I will know:	09/02/26 - (WK 1)	Frayer Model Words	Homework
Assessment Task 1; I will demonstrate outstanding knowledge and understanding of the rules and regulations of a team sport. How to demonstrate skills and tactical decision making in a competitive game.		Attack, defence, technique, outwit, opponents, agility.	Create a mind-map of the key movements in your sport/activity.
LP3 RLW, I will:	23/02/26 - (WK 2)	Frayer Model Words	Homework
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Attack, defence, technique, outwit, opponents, agility.	Create a strengths and weaknesses list/table for your chosen sport around your knowledge.
In LP3.7, I will know:	02/03/26 - (WK 1)	Frayer Model Words	Homework
How to develop set plays within a game situation to defend and attack effectively. How to evaluate my performance in this learning programme and performance against the assessment grid. How to plan a small group activity to improve weaknesses identified in self-evaluation. Extended Task.		Attack, defence, technique, outwit, opponents, agility.	Use a method of your choice to revise the rules for your sport/activity.
Resources to support learning: Knowledge organisers and lesson material on synergy.			
FFET Award Challenge for this Learning Programme: Watch a sporting game of your choice online or in person and identify the key rules and regulations that officials follow in the game (e.g. a football referee)			

PRT Task 1

PRT Task 2